

## **The Basics of a Tennis Meet**

### When you get to a meet:

- Select a place near the courts where everyone can put their things. We sit together as a team
- Warm up run/stretch (Coach Vogt will demonstrate this at our next meet)
- Line up on the court for introductions(we will demonstrate this at a practice or our next meet)

### During the down time when you are not playing:

- Cheer for your teammates
  - Work on homework
  - Do not cheer during a point, wait until it is over
  - Make sure you are not too loud, it can be very distracting to those competing
- Realize you are a reflection on your school and family. Conduct yourself with appropriate behavior at all times. If you are unsure if you should do something, don't do it.*

### After you finish a match – these 4 things must always be done:

1. Shake your opponents hand
2. Make sure the balls are given back your opponent
3. Shake the hand of the opposing coach and thank them by name (Coach Vogt will tell you their name)
4. Report your score to Coach Vogt

Note: if we have new people join the team as the year goes on, fill them in on the procedures so they are not lost.

***Lastly, and most importantly, have fun, enjoy yourself, meet new people, both on our team and from other schools.***